

INSPIRE CAFÉ

DCPS Elementary Menu

September 12-16

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Daily Garden Bar Includes: Salad Mix, Carrots, Tomatoes, & Cucumber. Plus a Hot Vegetable Side & 2 Fruit Choices Everyday. Low Fat or Fat Free Milk included with all meals.

Daily Special

Favorites

MONDAY	Super Veggie Mac & Cheese
TUESDAY	Turkey Sausage Pizza
WEDNESDAY	Chipotle BBQ Meatloaf
THURSDAY	Black Bean Nachos
FRIDAY	Bagel Sandwich w/ Turkey Ham, Egg, & Cheese

Daily Special

Creations

MONDAY	BBQ Chicken Sandwich
TUESDAY	Classic Cheese Pizza
WEDNESDAY	Bistro Burger
THURSDAY	Caprese Turkey Burger
FRIDAY	Double Bean Enchilada

Daily Specials

Deli

MONDAY	Turkey Ham & Cheese Sub
TUESDAY	BBQ Chicken Wrap
WEDNESDAY	Garden Sub w/ Cheese
THURSDAY	Turkey Ham & Cheese Sub
FRIDAY	Tender Chicken Wrap

Daily Specials

Market

MONDAY	Chicken Dipper Salad
TUESDAY	Chicken Salad Sandwich
WEDNESDAY	Asian Chicken Salad
THURSDAY	Chicken Caesar Salad
FRIDAY	Southwest Chicken Salad

Daily Sides

*From
the Field*

MONDAY	Pinto Beans, Fresh Apple, Peaches
TUESDAY	Carrots, Banana, Orange Smiles
WEDNESDAY	Mashed Potatoes, Fresh Apple, Dried Cranberries
THURSDAY	Pinto Beans, Banana, Orange Smiles
FRIDAY	Roasted Butternut Squash, Fresh Apple, Fruit Salad

*This institution is an equal
opportunity provider.*

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INSPIRE CAFÉ

DCPS Elementary Menu

September 19 - 23

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

From the Field

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Daily Garden Bar Includes: Salad Mix, Carrots, Tomatoes, & Cucumber. Plus a Hot Vegetable Side & 2 Fruit Choices Everyday. Low Fat or Fat Free Milk included with all meals.

Daily Special

Favorites

MONDAY	Roasted Turkey & Gravy w/ WG Roll
TUESDAY	Jerk Chicken w/ WG Cinnamon Wheel
WEDNESDAY	Grilled Chicken w/ WG Waffle Squares
THURSDAY	Hawaiian Style Pizza
FRIDAY	Scrambled Eggs w/ Pancakes

Daily Special

Creations

MONDAY	Traditional Hamburger
TUESDAY	Hot Turkey & Cheese Sandwich
WEDNESDAY	Sudanese Meat Sauce w/ Brown Rice
THURSDAY	Classic Cheese Pizza
FRIDAY	Twisted Turkey Dog

Daily Specials

Deli

MONDAY	Italian Sub
TUESDAY	Turkey Ham & Cheese Sub
WEDNESDAY	Sunny Apple Sandwich
THURSDAY	Turkey Cheese & Spinach Tortilla
FRIDAY	Turkey Ham & Cheese Sub

Daily Specials

Market

MONDAY	Hoppin' John Salad w/ Rice
TUESDAY	Spinach Salad w/ Egg
WEDNESDAY	Classic Chef Salad
THURSDAY	Bruschetta Bean Dip w/ Tortilla Chips
FRIDAY	Spinach Wrap w/ Vegetables & Yogurt Sauce

Daily Specials

From the Field

MONDAY	Mashed Potatoes, Fresh Apple, Chilled Pears
TUESDAY	Roasted Corn, Banana, Orange Smiles
WEDNESDAY	Collard Greens, Fresh Apple, Honeydew
THURSDAY	Roasted Corn, Banana, Orange Smiles
FRIDAY	Roasted Butternut Squash, Fresh Apple, Fruit Salad

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INSPIRE CAFÉ

DCPS Elementary Menu

September 26-30

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Daily Garden Bar Includes: Salad Mix, Carrots, Tomatoes, & Cucumber. Plus a Hot Vegetable Side & 2 Fruit Choices Everyday. Low Fat or Fat Free Milk included with all meals.

Daily Special

Favorites

MONDAY	Cheese Raviolis w/ Marinara Sauce
TUESDAY	Turkey Sausage Pizza
WEDNESDAY	Jamaican Chicken Quesadilla
THURSDAY	BBQ Chicken w/ Brown Rice
FRIDAY	No School Today

Daily Special

Creations

MONDAY	Deluxe Cheeseburger
TUESDAY	Classic Cheese Pizza
WEDNESDAY	Sunbutter & Banana Sandwich
THURSDAY	Black Bean Nachos
FRIDAY	No School Today

Daily Specials

Deli

MONDAY	Turkey Ham & Cheese Sub
TUESDAY	Turkey Sandwich
WEDNESDAY	Turkey & Cheese Tortilla
THURSDAY	Chicken Caesar Wrap
FRIDAY	No School Today

Daily Specials

Market

MONDAY	Grilled Chicken Dipper Salad
TUESDAY	Chicken Caesar Salad
WEDNESDAY	Pumpkin Apple Spice Parfait
THURSDAY	Chef Salad
FRIDAY	No School Today

Daily Sides

*From
the Field*

MONDAY	White Bean & Jicama Salad, Fresh Apple, Applesauce
TUESDAY	Asian Slaw, Banana, Orange Smiles
WEDNESDAY	Ginger Carrot Salad, Fresh Apple, Fruit Salad
THURSDAY	White Bean & Jicama Salad
FRIDAY	No School Today

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Nutrition Information

Sep 6, 2016 thru Sep 9th, 2016

K5 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon – 09/05/2016	-	-	-	-	-	-	-	-
Tue - 09/06/2016	586	1118	20.16	30.94%	7.65	11.74%	0.00	0.00%
Wed - 09/07/2016	597	1176	19.92	30.01%	6.70	10.10%	0.00	0.00%
Thu - 09/08/2016	760	813	26.04	30.82%	5.38	6.37%	0.00	0.00%
Fri - 09/09/2016	641	1324	19.76	27.76%	4.71	6.61%	0.00	0.00%
Weighted Average	616	1048	20.46	29.89%	6.06	8.86%	0.00	0.00%

Sep 12th, 2016 - Sep 16th, 2016

K5 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/12/2016	637	1171	19.16	27.06%	6.48	9.15%	0.00	0.00%
Tue - 09/13/2016	590	958	19.44	29.64%	5.99	9.14%	0.00	0.00%
Wed - 09/14/2016	597	1239	18.31	27.58%	5.73	8.63%	0.00	0.00%
Thu - 09/15/2016	584	1105	20.65	31.82%	6.81	10.50%	0.00	0.00%
Fri - 09/16/2016	620	1072	17.74	25.77%	4.96	7.21%	0.00	0.00%
Weighted Average	606	1109	19.06	28.32%	6.00	8.91%	0.00	0.00%

Sep 19, 2016 - Sep 23rd, 2016

K5 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/19/2016	485	804	13.43	24.94%	3.50	6.50%	0.00	0.00%
Tue - 09/20/2016	527	1056	15.06	25.69%	4.35	7.43%	0.00	0.00%
Wed - 09/21/2016	730	981	28.75	35.44%	5.71	7.04%	0.00	0.00%
Thu - 09/22/2016	560	1000	20.01	32.15%	7.49	12.04%	0.00	0.00%
Fri - 09/23/2016	524	922	16.68	28.62%	4.63	7.94%	0.00	0.00%
Weighted Average	565	953	18.78	29.90%	5.14	8.18%	0.00	0.00%

Sep 26th, 2016 – Sep 30th, 2016

K5 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 09/26/2016	539	1138	17.19	28.71%	5.83	9.74%	0.00	0.00%
Tue - 09/27/2016	544	992	19.59	32.39%	6.91	11.42%	0.00	0.00%
Wed - 09/28/2016	584	783	22.05	33.98%	6.26	9.65%	0.00	0.00%
Thu - 09/29/2016	592	922	17.56	26.68%	5.25	7.98%	0.00	0.00%
Fri - 09/30/2016	-	-	-	-	-	-	-	-
Weighted Average	555	929	17.80	28.87%	5.42	8.80%	0.00	0.00%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.